



Miles for Wellness Team Instructions

The purpose of “Miles for Wellness”, the OSP Healthy Living Healthy Life Move More Program and Team Competition, is to encourage and support employees in increasing their level of physical activity above their current baseline of steps per day with the goal of striving for 10,000 steps (5 miles) most days of the week.

TEAMS

Each agency’s wellness leader or their designee is asked to provide assistance in coordinating the formation of teams, consisting of a maximum of 10 members (1 captain and 9 team members) of those employees who wish to participate. There is no limit on how many teams an agency/university can have. If you choose to have a team with less than 10 members you may do that as well.

Each team should pick a team name unique to them.

All participants must keep a hardcopy log of their steps/miles for each week until after the winners are announced. If your team wins and you cannot produce your documentation to support your submission, the team will be disqualified. The team captain or onsite leadership may maintain this documentation.

BASIC EVENT RULES

- Abide by the Team Mix as described below when building teams.
- **No replacements or additions after week two of the event start date. Should a team member drop out of the competition, the remaining team members continue the team effort.**
- Upon completion of the challenge everyone who participates must sign the honor statement located on the Captain’s Spreadsheet which states “**I acknowledge that the steps that I am submitting are an accurate representation of my/our activity and mileage.**” This hardcopy should be kept by the team captain for verification after the winners are announced.
- **This is a pedometer based event.** Conversions for such activities as cycling, swimming, elliptical, etc. are not allowed unless cleared by Katherine Hilliard *as an accommodation for a special situation*. When conversions are allowed, team captains must submit the number of team members needing conversions, along with the type and expected duration of said activity.
- **If someone misses wearing their pedometer for a day they are asked to use a previous set of numbers that most closely represents the activities of that day.**
- Documentation must be kept until the event is tallied and closed by the statewide wellness coordinator.

PEDOMETERS

Please ask those interested in participating to use their own pedometers if possible. Target, Wal-Mart, K-Mart and other locations have pedometers reasonably priced. The Office of State Personnel has limited pedometer resources for use as a last resort for those who absolutely cannot cover the cost of a pedometer. Those needs will be met if possible.

The State Health Plan will supply pedometers to those Plan Members who register to participate in their Step Up Carolinas program. For more information or to register, go to www.stepupcarolinas.org.

IMPORTANT REGISTRATION INFORMATION

- ❖ The Challenge Dates for Miles for Wellness Lighthouse Tour are:
Friday, March 1, 2013: Registration Begins
Thursday, March 14, 2013: Start Date. Registration ends at COB
Sunday, May 12, 2013: End Date. The competition ends at midnight.
Friday, May 24, 2013: Spreadsheets are due.
Monday, June 3, 2013: Winners will be announced!
- ❖ Participants are expected to enter their step totals on the "Captain's Spreadsheet", emailing those steps to the captain weekly.
- ❖ Teams that have not reported final tally by COB 05/24/13 forfeit their chances of winning.
Please note: No computation is necessary on the spreadsheet! Relax, enjoy your walk, and record those steps!
Please note: Only the use of The Lighthouse Tour spreadsheets will be accepted for computation.
[Spreadsheet Link](#)
- ❖ This is a pedometer-based move more event with teams of 10 members maximum.
- ❖ Accommodations may be made for anyone with a physical challenge. Please let me know of those and I will do my best to provide assistance.
- ❖ **There are 3 separate team divisions:**
Super Hare, Hare, and Tortoise.
Teams will only be competing among other teams within their own division.

TEAM DIVISIONS

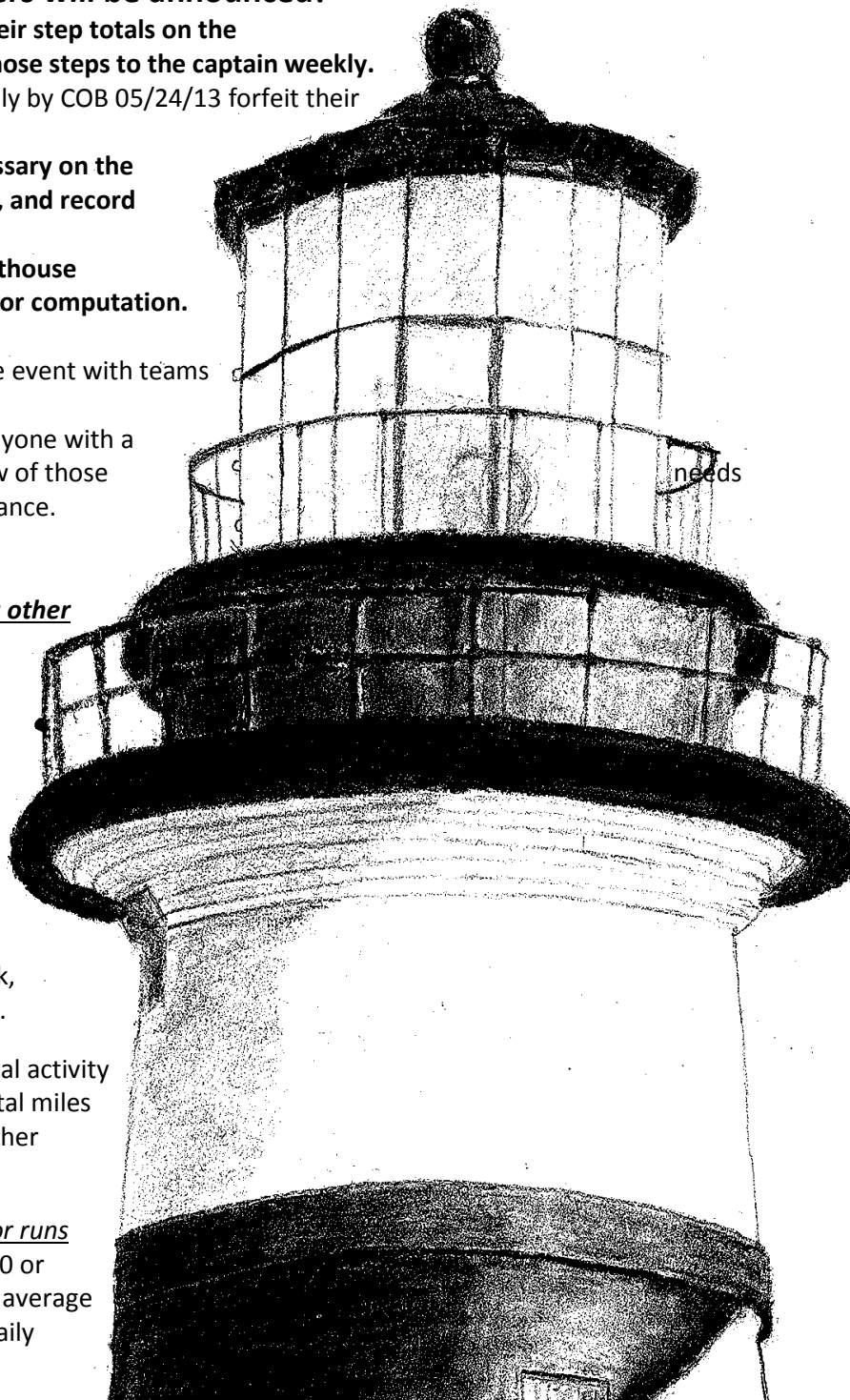
These are the baseline suggestions for calculating in which division your team belongs.*

Tortoise: Office / seated-based job duties- with a typical activity level that ranges from mostly sitting to 30 to 60 minutes of moderate daily activity such as brisk walking or 2,000 to 8,000 steps per day. This equals a total of 1 to 4 miles on average for daily work, recreational activity, and other activities of daily living.

Hare: Standing/walking-based job duties- with a typical activity level of 8,000 to 10,000+ steps. This equals 4 to 5+ total miles on average for daily work, recreational activity, and other activities of daily living.

Super Hare: Runs on a regular basis/one who walks or runs over 12,000 steps- with a typical activity level of 12,000 or more steps. This equals a total of 6+ miles per day on average for daily work, recreational activity, and activities of daily living.

**Event organizers reserve the right to reclassify any team based on past performance and present known capabilities.*



TEAM MIX

Team divisions are based on 7 or more members being in the same category. The inclusion of 2 Super Hares will move the team status to the next category. For example, a tortoise team with 2 super hares will be classified as a Hare Team.

Other Examples:

10 members of Tortoises is a Tortoise team.

8 Tortoises and any other mix other than 2 Super Hares is a Tortoise team.

7 Tortoises, 2 Super Hares, and 1 Hare is a Hare team.

7 Tortoises and 3 Hares is a Tortoise team.

7 Hares, 1 Tortoise, and 2 Super Hares is a Super Hare team.

7 Super Hares, 2 Tortoises, and 1 Hare is a Super Hare team.

Do your very best with this. This model works well. If you run into any snags- contact your wellness leader.

REMEMBER:

A super hare may be fast and may get there sooner but according to the parable- the tortoise won due to consistent, even activity over the course of time.

Let's make habits we can live WITH for a LONG, LONG time!

HAPPY TRAILS AND ENJOY THE LIGHTS ALONG THE WAY!

Katherine B. Hilliard

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Healthy Living Healthy Life

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